



For Immediate Release:

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Celebrate Public Health Week with Free Health Screenings and Enrollment in Covered California

Public Health Expo 2014: Friday, April 11

LOS ANGELES – The Los Angeles County Department of Public Health and the City of Los Angeles invite the community to jump-start a new healthy lifestyle by joining us at the 2014 Public Health Expo. The event will be held on Friday, April 11, from 10:00 a.m. to 3:00 p.m. at El Pueblo de Los Angeles Historical Monument (Olvera Street), 125 Paseo de la Plaza, Los Angeles, CA 90012.

This year's theme "Prevention Starts with You" encourages everyone to make healthier choices for a healthier future. The Public Health Expo will featuring free health screenings including vision, dental, hearing, blood sugar, HIV, and much more. Residents are also encouraged to bring their pet for a free pet vaccine and ID tag - limit one pet per family. The day will include live musical performances by Mariachi Los Toros, Groov3, and Ballet Folklórico Mexica. In between musical performances, the event will have yoga, tai chi, and Zumba sessions along with a self-defense demonstration. Covered CA partners will be on-site to answer questions and enroll residents in health plans before the April 15 deadline.

"As we celebrate Public Health Week across the nation and in LA County, I encourage everyone to join us this Friday at the Public Health Expo to receive a free health screening, sign-up for Covered California, or to receive information on important health topics," said Jonathan E. Fielding, MD, MPH, Director of Public Health and Health Officer. "Each one of us can make healthier lifestyle choices that promote wellness and reduce the risk of chronic diseases. Every step counts, from increasing physical activity to making time for regular check-ups, prevention starts with you."

Public Health Expo 2014 will have over 35 agencies in attendance, providing the latest information on women's health, chronic diseases, immunizations, child safety, lead poisoning, as well as other important health-related topics. Visitors will have the opportunity to engage in conversation and discuss their health with experts. Each decision toward a healthier lifestyle, no matter how small, can make a big difference.

For more information about Public Health Expo 2014, go to <http://publichealth.lacounty.gov/phweek/>.

The Department of Public Health is committed to protecting and improving the health of the nearly 10 million residents of Los Angeles County. Through a variety of programs, community partnerships and services, Public Health oversees environmental health, disease control, and community and family health. Public Health comprises nearly 4,000 employees and has an annual budget exceeding \$900 million. To learn more about Public Health and the work we do please visit

<http://www.publichealth.lacounty.gov>, visit our YouTube channel at

<http://www.youtube.com/lapublichealth>, find us on Facebook at

<http://www.facebook.com/lapublichealth>, or follow us on Twitter: @LAPublicHealth.